Hiking Safety

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Introduction

- **Hiking can be fun and rewarding.**
  - **While you may not scale peaks, you often hike to viewpoints.**
- **There are important considerations for hiking. This presentation will**

Be Prepared

- There are 6 safety aspects of hiking to consider:
  - Hiking with others
  - Destination
  - Time
  - Clothing
  - Equipment
  - If Trouble arises

Who to Hike With

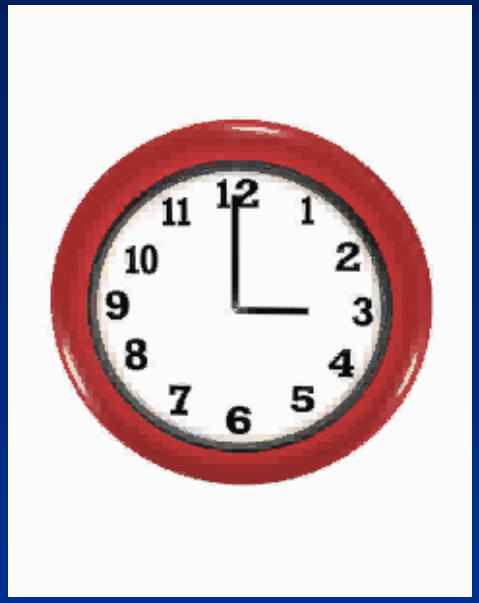
NEVER hike **ALONE**

- If contacts, contact any hiking or backpacking club, including:
  - Tacoma Mountaineers
  - Olympia Mountaineers
  - Seattle Mountaineers

Regarding Destinations

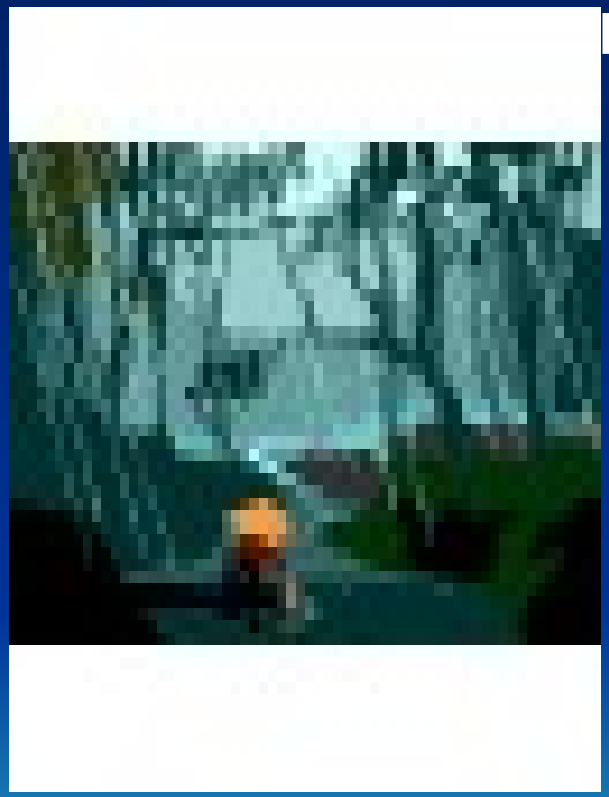
- **Stick to your plans.**
- **Inform those “at home” where you are going and when you plan to be back.**
- **Do not change your plans unless those at home are notified.**

Time Considerations



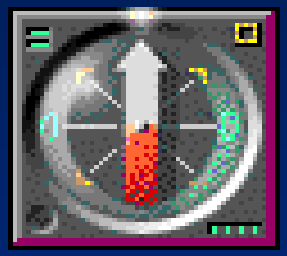
- Get an early start.
- Keep track of the time.
- Plan to complete your hike at least one hour before dusk.

Clothing



- Even on an easy hike on a nice day…
  - Dress in layers of quick-dry fabrics that are insulating even when wet.
  - (Do not wear cotton)
  - Be prepared for inclement weather.
  - Take at least one brightly coloured piece of clothing.

Ten Essentials



- Navigation (Map & compass and the ability to use them correctly).
- Sun Protection (Sunglasses, sunscreen)
- Insulation (extra clothing)
- Illumination (Flashlight that can also act as a strobe light, headlamp)
- First-aid supplies
- Fire (Waterproof matches, lighter, firestarter)
- Repair kit and tools
- Nutrition
- Hydration
- Emergency Shelter (space blanket

If Trouble Arises….

- **If you become disoriented or lost**
  - **Remain calm & consult your map and/or guidebook.**
  - **Retrace your steps back to the hiking path.**
  - **If you are unsure which direction to go, stay where you are.**
  - **Never hike downhill (thinking you will end up back where you started;**

If Someone is injured…

- Remain Calm.
- Carefully determine what the injury is.
- Dress the person in insulating clothing.

If someone has suffered a back injury **DO NOT MOVE THE PERSON !**

Cover the person with insulating layers

Contacting Help

- Review what you are going to say before you use your communication device.
- Speak clearly and slowly.
- Listen and obey instructions.

Going for Help

- **If possible, someone should remain with the injured person.**
- **Be calm and careful when going for help so that another injury does not take place.**

Conclusion

When hiking you can expect to have FUN

and see views like this,

but be prepared